



Cheese Stuffed Turkey Burgers

Ingredients:

- 1 large egg
- 3 T tomato sauce
- ½ cup grated parmesan cheese
- ¼ t pepper
- 1 lb lean ground turkey
- 2 oz Monterey Jack cheese, cut into six ½-inch cubes
- 6 whole wheat buns

Mix the egg, tomato sauce, parmesan cheese, pepper and turkey in a bowl with a large spoon, then form into 6 burger patties. Stuff a cube of cheese into the center of each burger. Make sure it is completely buried and covered on all sides, otherwise it will melt all over the grill.

Grill approximately 5 minutes per side. Do not mash or press with a spatula while cooking. If you see the cheese begin to ooze out you will know they are done. Serve on whole wheat buns with homemade catsup. Makes 6 burgers.

Variation: Add ¼ c breadcrumbs to meat mixture

Skills: combining ingredients

Equipment: mixing bowl

Nutrition Facts	
Serving Size 1/6 of recipe 109g (108 g)	
Amount Per Serving	
Calories 284	Calories from Fat 80
% Daily Value*	
Total Fat 9g	14%
Saturated Fat 4g	19%
Trans Fat 0g	
Cholesterol 81mg	27%
Sodium 429mg	18%
Total Carbohydrate 19g	6%
Dietary Fiber 2g	8%
Sugars 3g	
Protein 30g	
Vitamin A 4%	Vitamin C 1%
Calcium 21%	Iron 2%
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.</small>	
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